

TIMEX®

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www.timex.com

W-215 179-095006 NA



THANK YOU FOR PURCHASING YOUR TIMEX® WATCH.

EXTENDED WARRANTY

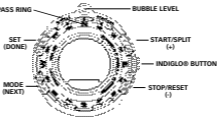
Available in U.S. only. Extend your warranty for an additional 4 years from date of purchase for \$5. You can pay with AMEX, Discover, Visa or MasterCard by calling 1 800-448-4639 during normal business hours. Payment must be made within 30 days of purchase. Name, address, telephone number, purchase date, and 5-digit model number required. You can also mail a check for \$5 to: Timex Extended Warranty, P.O. Box 1676, Dept. EF, Little Rock, AR 72203.

Please read instructions carefully to understand how to operate your Timex® watch. **Your model may not have all of the features described in this booklet.**

FEATURES AND BASIC OPERATION

- All functions work simultaneously
- Time with 12- or 24-hour format
- Date with MM-DD or DD.MM format
- 3 time zones
- Optional hourly chime
- Electronic compass with virtual needle and automatic declination compensation
- 100-hour chronograph with display of lap and split times
- 24-hour countdown timer (count down and stop or repeat)
- Occasion reminders
- Hydration timer
- 3 daily/weekday/weekend alarms with 5-minute backup
- Customizable mode set (hide unwanted modes)
- INDIGLO® night-light with NIGHT-MODE® feature

Press **MODE** repeatedly to step through modes: Compass, Chrono, Timer, Occasion, Hydration, Alarm 1, Alarm 2, and Alarm 3. Press **MODE** to exit current mode and return to Time mode.



Button functions shown with secondary functions in parentheses

Compass must be calibrated before using to ensure accuracy and avoid improper headings. Go to www.timex.com/expedition for help.

Watch incorporates magnetic sensor technology from Precision Navigation, Inc.

TIME

To set time, date, and options:

- 1) With time and date showing, press and hold **SET**.
- 2) Current time zone (1, 2, or 3) flashes. Press + or - to select time zone to set, if desired.
- 3) Press **NEXT**. Hour flashes. Press + or - to change hour (including AM/PM); hold button to scan values
- 4) Press **NEXT**. Minutes flash. Press + or - to change minutes
- 5) Press **NEXT**. Seconds flash. Press + or - to set seconds to zero.
- 6) Press **NEXT**. Month flashes. Press + or - to change month.
- 7) Press **NEXT**. Day flashes. Press + or - to change day.
- 8) Press **NEXT**. Year flashes. Press + or - to change year.
- 9) Press **NEXT** to set options. Press + or - to change value and then press **NEXT** to go to next option. Press **DONE** at any step to exit and save settings. Available options are 12- or 24-hour time format, MM-DD or DD.MM date format, hourly chime \mathcal{J} , beep for button presses, customizable mode set (Select "HIDE" for unwanted modes - they are removed from mode sequence).

If you hide a mode, you can turn it back on later using procedure above.

Press **START-SPLIT** once and hold to see 2nd time zone. Press **START-SPLIT** twice and hold to see third time zone. Continue to hold button for 4 seconds to switch to displayed time zone.

Press and hold **STOP-RESET** to see next upcoming occasion (see description of Occasion mode). Release and immediately press and hold again to see subsequent occasions.

COMPASS CALIBRATION

Since a compass uses the earth's magnetic field, be aware of large metallic objects, such as vehicles or bridges, or objects that give off electromagnetic radiation, such as TVs or PCs, which could affect the magnetic field around the watch. If compass is calibrated near such objects, it will only work properly in that location. If compass is calibrated away from such objects, it will not work properly near them. **For best results, calibrate in area of intended use.**

Also avoid areas that may exhibit higher than normal concentrations of hard and soft iron, as they may cause inaccurate headings. Whenever a heading is suspect, recalibrate.

In calibrating and taking headings, it is important, as with all compasses, to keep compass level. Calibrating or taking a heading when watch is not level can result in large errors. To keep watch level, hold watch so that bubble is centered in bubble level window.

Do not store watch near any source of magnetism, such as computers, appliances, or TVs, as watch can take on a magnetic charge, yielding inaccurate headings.

To calibrate compass, keep watch level or place on level surface (if band interferes, place on inverted cup) for entire procedure. Watch may be face down, but take care to protect watch face. Go to Compass mode and then press and hold **SET**. While level, **SLOWLY** rotate watch two revolutions, **taking at least 15 seconds per revolution. This is critical in achieving proper calibration.** To help you rotate watch at proper speed, a block is shown at perimeter of display; rotate watch at a speed to keep block pointed in same direction. When done, press **MODE**, keeping watch level. Watch displays current declination angle setting (see DECLINATION ANGLE for more information). If you do not wish to set declination angle, press **DONE**. Otherwise, press + or - to select declination angle and then press **DONE**.

COMPASS

Compass mode provides an electronic compass reading. Press **MODE** repeatedly until COMP appears.

Compass must be calibrated prior to use and calibration should be done in area of intended use; see COMPASS CALIBRATION. If compass has not been calibrated since battery replacement, watch displays PLEASE CAL, reminding you to calibrate.

While holding watch level, using bubble level, press **START-SPLIT** or **STOP-RESET** to activate compass. Watch displays heading in direction of 12 o'clock and virtual needle (one block at head and three blocks at tail) points north. If watch is turned, heading updates and virtual needle rotates, always pointing north. After 20 seconds, compass will automatically turn off to conserve battery life. Press button again at any time to keep compass on for another 20 seconds.

NOTE: While compass is on, INDIGLO® night-light may flicker slightly when on. This is normal, as night-light must be turned off briefly during compass readings to maintain accuracy.

USING THE COMPASS

Once compass is activated, as described above, there are two typical ways to use virtual needle and turning compass ring. **Which way am I headed?** Hold watch so that 12 o'clock is in direction of your travel. Turn compass ring until virtual needle is pointing to north on ring. Your heading is direction on ring at 12 o'clock. This should be the same direction shown on display.

Which way should I go? If you know the direction you want to go (e.g., NE), turn compass ring until that direction appears at 12 o'clock. Hold watch so that you are facing 12 o'clock. Then, turn your body until virtual needle points to north on compass ring. You are now facing the direction you want to go.

DECLINATION ANGLE

A compass detects "magnetic north," which may be slightly different from "true north," which is used on maps. This difference, called the "declination angle," which varies around the globe, is typically small and can be ignored in many cases. However, you may have watch automatically compensate by setting your declination angle after compass calibration; see COMPASS CALIBRATION. With proper declination angle set, heading will be more accurate and virtual needle will point to true north.

Declination angles for world cities.

Anchorage 20E	London 2W	Rio De Janeiro 22W
Atlanta 4W	Little Rock 1E	San Francisco 15E
Bombay 1W	Livingston, MT 13E	Seattle 18E
Boston 15W	Munich 2E	Shanghai 5W
Calgary 16E	New York City 13W	Toronto 11W
Chicago 3W	Orlando 5W	Vancouver 18E
Denver 9E	Oslo 1E	Washington DC 11W
Jerusalem 4E	Paris 1W	Waterbury, CT 14W

For more magnetic declination angle information, see www.timex.com/expedition

CHRONOGRAPH

This mode provides a chronograph (stopwatch) function. Press **MODE** to go to Chrono mode.

To start, press **START-SPLIT**. Chrono counts up by hundredths of a second up to one hour, then by seconds up to 100 hours. Stopwatch icon \odot flashes to indicate chrono is running.

To stop, press **STOP-RESET**. Stopwatch icon \odot freezes to indicate chrono is stopped.

To resume, press **START-SPLIT**, or to reset (clear) chrono, press and hold **STOP-RESET**.

When chrono is already running, chrono continues to run if you exit mode. Stopwatch icon \odot appears in TIME mode.

While chrono is running, press **START-SPLIT** to take a lap. Lap and split times will be displayed with lap number.

To set display format, press **SET**. Then, press + or - to select desired format. Press **DONE** to exit.

NOTE: When a split is taken, times are frozen on the display for 10 seconds. Press **MODE** to release display and show running chrono immediately.

LAP 1 = 7.11	LAP 2 = 7.58	LAP 3 = 7.06	LAP 4 = 7.30
SPLIT 1 = 7.11			
	SPLIT 2 = 15.81		
		SPLIT 3 = 22.09	
			SPLIT 4 = 29.39

TIMER

Timer mode provides a countdown timer with alert. Press **MODE** repeatedly until TIMER appears.

To set countdown time:

- 1) Press **SET**. Hours flash. Press + or - to change hours; hold button to scan values.
- 2) Press **NEXT**. Minutes flash. Press + or - to change minutes.
- 3) Press **NEXT**. Seconds flash. Press + or - to change seconds.
- 4) Press **NEXT**. Action at end of countdown flashes. Press + or - to select STOP or REPEAT, indicated by hourglass icon with arrow \mathcal{H} .
- 5) Press **DONE** at any step when done setting.

To start timer, press **START-SPLIT**. Timer counts down every second from countdown time. Hourglass icon \mathcal{H} flashes to indicate timer is running.

To pause countdown, press **STOP-RESET**. Hourglass icon \mathcal{H} freezes to indicate timer is stopped.

To resume countdown, press **START-SPLIT**, or to reset countdown, press **STOP-RESET**.

Watch beeps and night-light flashes when countdown ends (timer reaches zero). Press any button to silence. If REPEAT AT END selected, timer repeats countdown indefinitely.

Timer continues to run if you exit mode. Hourglass icon \mathcal{H} appears in Time mode.

HYDRATION

Hydration mode provides a countdown timer with alert to remind you to drink during a workout. Press **MODE** repeatedly until HYDRA appears.

To set hydration time:


- 1) Press **SET**. Minutes flash. Press + or - to change minutes; hold button to scan values.
- 2) Press **NEXT**. Minutes flash. Press + or - to change seconds; hold button to scan values.
- 3) Press **DONE** at any step, when done setting.

To start hydration timer, press **START-SPLIT**. Timer counts down every second from countdown time. Drop icon  flashes to indicate timer is running.

To pause countdown, press **STOP-RESET**. Drop icon  freezes to indicate timer is stopped.

To resume countdown, press **START-SPLIT**, or to reset countdown, press **STOP-RESET**.

Watch beeps and night-light flashes when countdown ends (timer reaches zero). Press any button to stop alert.

Hydration timer continues to run, if you exit mode. Drop icon  appears in Time mode.

ALARM

The watch has three alarms. Press **MODE** repeatedly until ALM 1, ALM 2, or ALM 3 appears.

To set alarm:

- 1) Press **SET**. Hour flashes. Press + or - to change hour; hold button to scan values.
- 2) Press **NEXT**. Minutes flash. Press + or - to change minutes.
- 3) Press **NEXT**. AM/PM flashes if in 12-hour time format. Press + or - to change.
- 4) Press **NEXT**. Alarm day setting flashes. Press + or - to select DAILY, WKDAYS, or WKENDS.
- 5) Press **DONE** at any step when done setting.

To turn alarm on/off, press **START-SPLIT**.

Alarm clock icon  appears when alarm is on in this mode and in Time mode.

When alarm sounds, night-light flashes. Press any button to silence. If no button is pressed, alarm will sound for 20 seconds and repeat once five minutes later.

Each of the three alarms has a different alert melody.

OCCASION

Occasion mode allows you to set reminders for occasions, like birthdays, anniversaries, holidays, and appointments. Press **MODE** repeatedly until OCCASN appears.

Today's date is shown with today's occasion in top line. Press + or - to step through dates; hold button to scan dates. Occasion for displayed date is always shown. Non-recurring occasions may be set for dates up to one year in advance.

To set occasion:

- 1) Press **SET**. Date flashes. Press + or - to select date; hold button to scan dates. Occasion for displayed date is always shown.
- 2) Press **NEXT**. Occasion flashes. Press + or - to change occasion. ANNIV, BDAY, BILL-YR, and HOU-YR repeat yearly and BILL-MO repeats monthly.
- 3) To set occasions for other dates, press **NEXT** and select date and occasion as in previous steps.
- 4) Press **DONE** at any step when done setting.

Occasion Reminders

Watch alerts you of occasions at 8:00 AM on day of occasion. You may choose to receive no alert or an alert at a different time or day. You may choose different alerting for each occasion type. E.g., all birthdays may alert one day prior while all holidays may have no alert.

To set occasion reminder alerts:

- 1) Go to today's date by pressing + or - (hold button to scan dates). You may also go to today's date by simply entering Occasion mode.
- 2) From today's date, press - to go to ALERT SETUP.
- 3) Press **SET**. Occasion type flashes. Press + or - to select occasion type. Your settings will affect all occasions of the selected type.
- 4) Press **NEXT**. Alert status (ON/OFF) flashes. Press + or - to turn alert on or off for selected occasion type. If OFF selected, next 4 steps are skipped.
- 5) Press **NEXT**. Alert time hour flashes. Press + or - to change hour; hold button to scan values.
- 6) Press **NEXT**. Alert time minutes flash. Press + or - to change minutes.
- 7) Press **NEXT**. AM/PM flashes if in 12-hour time format. Press + or - to change.
- 8) Press **NEXT**. Alert day flashes. Press + or - to set alert for 0 - 9 days prior to occasion.
- 9) To set alerts for other occasion types, press **NEXT**. Occasion type flashes. Select occasion type as in step 3 and continue with setting procedure.
- 10) Press **DONE** at any step when done setting.


Hand icon  appears when displayed occasion type has a reminder alert. When alert sounds in Time mode, hand icon  flashes. Press any button to silence. See Time mode for instructions on viewing upcoming occasions.

TIP: For reminder at end of every month, set BILL-MO for first of month and alert one day prior.

INDIGLO® NIGHT-LIGHT WITH NIGHT-MODE® FEATURE

Press **INDIGLO®** button to illuminate watch display for 2 - 3 seconds (5 - 6 seconds while setting).

Electroluminescent technology used in the INDIGLO® night-light illuminates entire watch face at night and in low light conditions. Any button pressed while INDIGLO® night-light is on keeps it on.

Press and hold **INDIGLO®** button for 4 seconds to activate NIGHT-MODE® feature. Moon icon  will appear in Time mode. Feature causes any button press to activate INDIGLO® night-light for 3 seconds. NIGHT-MODE feature may be deactivated by pressing and holding **INDIGLO®** button again for 4 seconds, or it automatically deactivates after 8 hours.

WATER RESISTANCE

If your watch is water-resistant, meter marking or () is indicated.

Water-Resistance Depth	p.s.i.a. * Water Pressure Below Surface
30m/98ft	60
50m/164ft	86
100m/328ft	160

*pounds per square inch absolute

WARNING: TO MAINTAIN WATER-RESISTANCE, DO NOT PRESS ANY BUTTONS UNDER WATER.

1. Watch is water-resistant only as long as lens, push buttons and case remain intact.
2. Watch is not a diver watch and should not be used for diving.
3. Rinse watch with fresh water after exposure to salt water.

BATTERY

Timex strongly recommends that a retailer or jeweler replace battery. Battery type is on watch back. If present, push/short internal reset switch after replacing battery. Battery life estimates are based on certain assumptions regarding usage; battery life may vary depending on actual usage.

DO NOT DISPOSE OF BATTERY IN FIRE. DO NOT RECHARGE. KEEP LOOSE BATTERIES AWAY FROM CHILDREN.

TIMEX INTERNATIONAL WARRANTY

(U.S. - LIMITED WARRANTY - PLEASE SEE FRONT OF INSTRUCTION BOOKLET FOR TERMS OF EXTENDED WARRANTY OFFER)

Your TIMEX® watch is warranted against manufacturing defects by Timex Corporation for a period of ONE YEAR from the original purchase date. Timex and its worldwide affiliates will honor this International Warranty.

Please note that Timex may, at its option, repair your watch by installing new or thoroughly reconditioned and inspected components or replace it with an identical or similar model. **IMPORTANT — PLEASE NOTE THAT THIS WARRANTY DOES NOT COVER DEFECTS OR DAMAGES TO YOUR WATCH:**

- 1) after the warranty period expires;
- 2) if the watch was not originally purchased from an authorized Timex retailer;
- 3) from repair services not performed by Timex;
- 4) from accidents, tampering or abuse; and
- 5) lens or crystal, strap or band, watch case, attachments or battery. Timex may charge you for replacing any of these parts.

THIS WARRANTY AND THE REMEDIES CONTAINED HEREIN ARE EXCLUSIVE AND IN LIEU OF ALL OTHER WARRANTIES, EXPRESS OR IMPLIED, INCLUDING ANY IMPLIED WARRANTY OF MERCHANTABILITY OR FITNESS FOR PARTICULAR PURPOSE. TIMEX IS NOT LIABLE FOR ANY SPECIAL, INCIDENTAL OR CONSEQUENTIAL DAMAGES. Some countries and states do not allow limitations on implied warranties and do not allow exclusions or limitations on damages, so these limitations may not apply to you. This warranty gives you specific legal rights and you may also have other rights which vary from country to country and state to state.

To obtain warranty service, please return your watch to Timex, one of its affiliates or the Timex retailer where the watch was purchased, together with a completed original Watch Repair Coupon or, in the U.S. and Canada only, the completed original Watch Repair Coupon or a written statement identifying your name, address, telephone number and date and place of purchase. Please include the following with your watch to cover postage and handling (this is not a repair charge): a US\$ 7.00 check or money order in the U.S.; a CAN\$6.00 cheque or money order in Canada; and a UK£2.50 cheque or money order in the U.K. In other countries, Timex will charge you for postage and handling. NEVER INCLUDE A SPECIAL WATCHBAND OR ANY OTHER ARTICLE OF PERSONAL VALUE IN YOUR SHIPMENT.

For the U.S., please call 1-800-448-4639 for additional warranty information. For Canada, call 1-800-263-0981. For Brazil, call +55 (11) 5572 9733. For Mexico, call 01-800-01-060-00. For Central America, the Caribbean, Bermuda and the Bahamas, call (501) 370-5775 (U.S.). For Asia, call 852-2815-0091. For the U.K., call 44 (020) 8687 9620. For Portugal, call 351 212 946 017. For France, call 33 3 81 63 42 00. For Germany, call 49 7 231 494140. For the Middle East and Africa, call 971-4-310850. For other areas, please contact your local Timex retailer or Timex distributor for warranty information. In Canada, the U.S. and in certain other locations, participating Timex retailers can provide you with a postage-paid, pre-addressed Watch Repair Mailer for your convenience in obtaining factory service.

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